

VITAL SIGNS



VOL VI No. 4 Naval Regional Medical Center, Orlando, Florida

1 March 1983

Captain Fout presents

NRMC's top Enlisted for 1982



NAVAL REGIONAL MEDICAL CENTER
ORLANDO, FLORIDA



OUTSTANDING SENIOR PETTY OFFICER HMC Francis P. Connor, USN

has been selected for this Semi - Annual Leadership Award in recognition of his superior service. His leadership, exemplary performance, conduct, and loyalty are in keeping with the highest traditions of the United States Naval Service.

NAVAL REGIONAL MEDICAL CENTER
ORLANDO, FLORIDA



SAILOR OF THE YEAR HM1 Rafael C. Perez, USN

has been selected, from among the other Sailors of the Quarter for 1982, as the highest example for conduct, performance, military bearing, and devotion to duty. A truly superior sailor -- an inspiration to his shipmates.



NAVAL REGIONAL MEDICAL CENTER
ORLANDO, FLORIDA



BLUE JACKET OF THE YEAR HN Mara P. Bergs, USN

has been selected, from among the Blue Jackets of the Quarter for 1982, as the highest example of Blue Jacket performance, conduct, appearance, and devotion to duty. A truly superior sailor -- an inspiration to her shipmates.





Fleet Master Chief visits

Master Chief Al Jeffers, Fleet Master Chief, Naval Shore Activities, visited NRMC on 1 February. The Master Chief was accompanied by MSC Michael McMahon, the Shore Sailor of the Year.

Master Chief Jeffers, not only toured the hospital to see the facility and visit with the staff, he also held two informal meetings with the staff. At 1000, he met with the E-1 thru E-5 personnel and at 1400 he met with the E-6 thru E-9 group and others who wanted to attend.

Pictured at the left, Captain A. Darby Reynolds, NC, welcomes the Master Chief to the ICU/CCU area. In the background is HN Barry Mullen, Master Chief Clements and LT Cheryl Smith, NC.

Whoooizzit?



Do you know this staff member? The answer is on Page 12.

American Red Cross



Volunteer hours
for
January - 2016 1/2

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STETH - O - SCOOP

Vital
Signs

By HM1 Bogan McQuigg, USN



PAY: Congress - 16% increase; Military - zero and frozen. What can you do about it?



CDR Luis Julia, MC, OB-GYN: "The general public should be informed that we, in the military, have lower incomes than our civilian counterparts. Maybe then, people could understand and support a raise for us. Even if it wouldn't be 16% - we need one!"



HM2 William Macchi, NP Ward: "Write, write, write and express how you feel. Then follow-up by getting out and voting. This will only be effective if EVERYONE does it!"



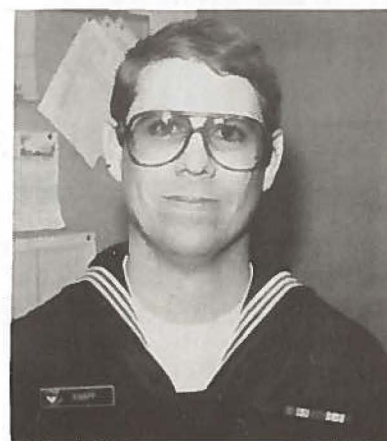
Carol Blankenship, CHAMPUS: "I'm going to check the Congressional Record to see how my Congressman voted and write him regarding how I feel about that vote -- especially come re-election time!"



Harry Belch, Food Service: "Get out and vote in new Representatives and Senators."



CDR B. A. Schroder, NC, Pediatrics: "Probably nothing. I will keep hoping the economy improves and next year we'll get a good raise."



HM3 Ralph Knapp, CPD: "Not much we can do about it but I don't understand how they could vote themselves a raise and not us."

Staff Journal

Boxing Champ

HN Gregory Brown, Inhalation Therapy, has continued his winning ways in the 1983 Florida State Golden Gloves Competition. On 4 February, he boxed at the Sanford Central Florida District Championships. He boxed his way to First Place. On 17 February, he boxed in the Golden Glove Regionals here in Orlando and again won First Place. Next stop will be the Florida State Golden Glove Championships to be held at Melbourne from 9 to 12 March. HN Brown has only been boxing for approximately 15 months but has an impressive record of 9 wins and no losses. Out of those 9 wins, 4 were knockouts!



BuMed Certificates



On 16 February, Captain Fout presented Certificates of Special Instruction to (left to right): LT Harvey Simpkins, MSC, HMC Rickie Mize, HM1 Fredrick Husen, and HMC Wilfred Nettles. The certificates were for satisfactorily completing the prescribed course of instruction for Command Training Team members in the Navy's Equal Opportunity Program.

Letters . . .



On 2 February, Captain Fout presented a Letter of Commendation to HM2 Roland Galland, Physical Therapy Service, as he departed for Officer Candidate School, Newport.



MS1 Frank E. Owen, UEPH Manager, received a Letter of Commendation from Captain Fout as he departed on 10 February for duty on board USS JOSEPHUS DANIELS.



On 16 February, Captain Fout presented Mrs. Carol Blankenship with a Letter of Commendation from the Navy Recruiting Orientation Unit, her former command.

Navy Commendation

Captain Fout presented CDR Rosalia F. Dy, MC, USNR, a Navy Commendation Medal on 16 February. The medal was awarded for CDR Dy's outstanding meritorious service at NRMCMC, Subic Bay, RP.

Jogger

On 17 February, Captain Fout presented LT Gary G. Lehman, MC, with his certificate for completing 100 miles.

20 year pin

Lots of smiles as Mrs. Betty Mullen, Nursing Services, received her 20 year pin from Captain Fout on 18 February.

**Promotion**

New shoulder boards for ENS Marilyn Mangum, NC, as she was promoted to LTJG on 16 February. Captain Fout and husband, Mr. Willie Mangum, did the honors.

Good guys

Captain Fout presented Good Conduct Awards on 17 February to: (left to right) MMC William Mann (2nd Award), HM1 Sanders Shelton (2nd Award), HM3 Ralph Knapp (2nd Award), HM2 Donald Tomlinson (1st Award), HM3 Timothy Hill (1st Award), and HM3 Warren Cowart (1st Award).

COQ

As announced in the February issue, Mrs. Patricia Barbour was selected as the Civilian of the Quarter. On 17 February, Captain Fout presented her certificate.

Vital Signs visits

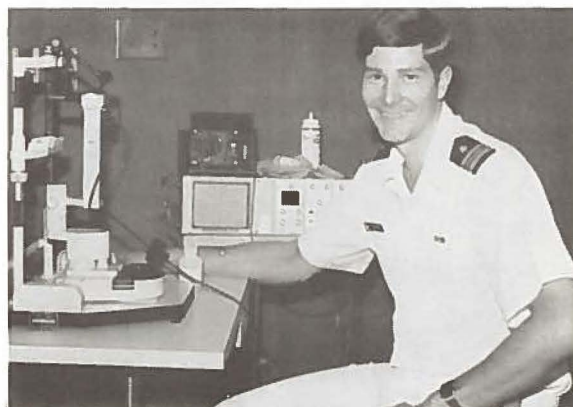
Ophthalmology Service

The Ophthalmology Service at NRM, Orlando, was started in July 1968 in a single room above the Emergency Room in the old World War II facility by Ophthalmologist, Dr. Tom Bates. He was soon joined by an Optometrist, Dr. Frank Erwin. The next year, the staff grew by 1 ophthalmologist and 1 optometrist. Through the years, the staff has slowly increased and the facilities and equipment have greatly improved. The facilities have expanded to 4 locations with a total of 11 eye lanes.

The main Eye Clinic, located at the hospital, has 2 ophthalmologists, 2 optometrists, 5 ocular technicians (HN Johnson was not available for a picture) and 1 clerk typist assigned. Also, 8 regular Red Cross volunteers, under the direction of Mrs. Bena Gilbert, give half days of their time each week to help keep the Clinic running smoothly. This Clinic handled 13,503 outpatient visits, processed and ordered 3,513 pairs of eye glasses, performed 135 minor surgical procedures on outpatients and performed 102 major surgical procedures on inpatients last year.



CAPT Robert G. Case, MC, USN
Chief of Service



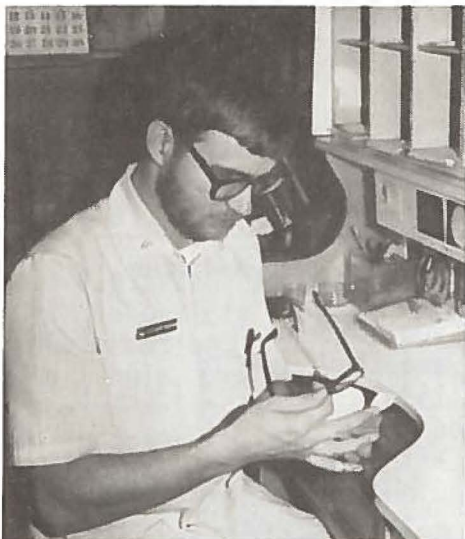
LCDR John Weaver, MC, USNR



LT Dennis Wagner, MSC, USNR and
LT Patricia Shustock, MSC, USNR



Mrs. Patricia DeBow,
Receptionist



HM2 Michael Stemmermann

HM3 Claudia Travis and HM1 James Jones,
Senior Corpsman

HM3 Steven Smith

What drugs can do for you

Are you looking for a "good time" or for a way to "get away from it all?" In the Navy, we work hard -- and play hard! We are most fortunate in that we have a multitude of recreational facilities, not only on the base, but throughout Central Florida and all the "worlds."

For some people, though, that is not enough! They want to get into drugs and/or alcohol. The consequences of being a drug or alcohol abuser range from a wide variety of personal/family problems to administrative or legal action. Personal and family problems for the drug/alcohol abuser are often devastating. But if that thought isn't a deterrent, the potential drug/alcohol abuser better take another look at the possible administrative and/or legal action awaiting an abuser in today's Navy!

Example: Wrongful possession of less than 30 grams of marijuana.

Maximum punishment: Dishonorable Discharge, forfeiture of all pay and allowances, and confinement at hard labor not to exceed 2 years!

Example: Wrongful possession of more than 30 grams or wrongful distribution of marijuana.

Maximum punishment: Dishonorable Discharge, forfeiture of all pay and allowances, and confinement at hard labor not to exceed 15 years!

Now get this!!!! If a person is at sea or the United States is at war, the maximum forfeitures of pay and allowances and confinement at hard labor, shall be increased by 5 years!

Each person is responsible for their own actions. If you have a problem, now is the time to contact your Substance Abuse Coordinator. There is all kinds of help waiting for you... just ask! If you have had passing thoughts about trying drugs or alcohol - DON'T! It just isn't worth it!



COOK'S CORNER

By LCDR Gary W. Dumais,
MSC, USN

New feature

This is the first of what hopefully will be a periodic feature in Vital Signs. In future articles, we hope to better acquaint the NRMCM staff with the functions of Food Management Service, to reply to common complaints, to introduce various key Food Service staff members and to share some favorite recipes. As a matter of fact, while I was preparing this article, Dr. Kaniewski asked me for the recipe for, what is perhaps the most popular desert item that we feature, Coconut Macaroons. I asked Mr. Joyal, our baker, to share his secret with us and here it is!

COCONUT MACAROONS

Sugar, granulated	2 cups
Egg whites	15
Coconut, shredded	2 cups
Karo Syrup, light	4 Tablespoons
Salt	1/8 teaspoon
Vanilla	1 Tablespoon

Finely chop coconut; combine all ingredients in a medium saucepan and warm to 125°F, stirring constantly; spoon batter by the tablespoonful onto lightly greased cookie sheet; bake at 350°F for approximately 12 minutes (baking time will vary depending on oven). Yield - about 48 cookies. Good luck and good eating!

Farewell



Captain Schefstad presented HM1 Mary Wilson with a Letter of Commendation on her transfer to NRMCM, Jacksonville. HM1 Wilson served with Security Service and Human Resource Management Service.



CHAPLAIN'S COMMENTS

LT J. L. Doss, CHC, USN

People-maker

You are a people-maker.
Look!

you smile
and they come to
life.

You frown

- they wilt

You pull within yourself

- they retreat

But

when you aim belief at them
they rush forth
from all kinds of dungeons
and they are
beautiful!

You are

a people-maker.

William Joyner
Wheels in the Air

Every day our lives are touched, in some way, by another person. We come into contact with others wherever we go. They come in many shapes, sizes, and colors. Some are filled with joy while others are burdened with despair. Some are easy to establish a relationship with, others seem to have a "wall" around them. At times, people seem so different from one another that we wonder how in the world we can all get along. Yet one thing, which we all have in common, is this: despite our myriad of differences, we are all God's gifts to each other. Each one of us is a very special creation of God, presented to the world for a purpose. And, every time that we interact with others, we share our lives and offer ourselves as a gift to the other. We do have an impact on the lives of people. As the poem above suggests, we can create a newness of life in people by believing in them, and accepting them as a gift to us. You are a people-maker!

By LT Jane11 O. Nicko1s, CHC, USNR



LAB LINE

CAPT P. E. Petit, MC, USN

A new look for Annex Lab

We are pleased to announce that the NRMCA Annex laboratory has undergone a recent transformation. A little paint, a lot of self-help, some work flow redesign, and a great deal of self motivation have resulted in dramatic improvements in both the appearance of the lab spaces and the effectiveness with which it operates. HMC James Ragsdale is the supervisor and his present crew is comprised of HM1 Lane Shelton, HM3 Paul Cszmadia, HM3 Mike Gilbertson, and HM3 Mark Douglas. Together, they have done some remarkable things with their work space and they are itching to show it off. The final touches are going to involve the installation of a cushioned floor for improved safety in the blood drawing area, and the creation of a new egress route to improve the traffic flow problems during recruit blood draws. The test equipment in the Annex lab has also been upgraded.

The Annex lab is not only looking better, but running better - an excellent example of what can be done when people take pride in their work center and truly care about the quality of their performance.



The Annex crew (minus HM3 Douglas who was on nights) - left to right: HM1 Shelton, HM3 Cszmadia, and HMC Ragsdale.

CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN

Document your ATTABOYS

Recently, while a young sailor was reviewing his "C" school request package with me, he brought up a question in regard to his most recent evaluation. The evaluation failed to mention certain items such as his being chosen to escort visiting officials, courses he had taken in his off duty hours and the fact that he had been a member of the football team that made it to the regional playoffs. He had also received a Letter of Appreciation which was not mentioned in the eval.

Personal accomplishments, achievements and creditable activities such as these deserve mention in your evaluation. To ensure that they are brought to the attention of the individual writing your evaluation, you are encouraged to obtain form NavPers 1616/21. This form is entitled, "Enlisted Performance Evaluation Report - Individual Input." It is a good idea to keep one handy all the time and record things as they occur - otherwise, if you try to itemize a year's events at one time, you might forget some of them. The forms are always available in the Human Resource Management Service. Don't be short-changed on your next eval - get your "input" in!

On Monday, 14 February, the HM Detailers paid a visit to NRMCA, Orlando. HMC M. F. Smith and HM1 D. B. Marinas discussed extensions and/or orders with approximately 100 staff members.



HMC Smith



HM1 Marinas

Working for you**Human Relations Council**

Perhaps you saw this notice in the POD: "Human Relations Council meeting today..." No, it's not a porno organization invading the region. What we are, simply, is a composite of professionals, from HR to CDR, selected at random. We meet, once a month, to discuss..... what else - NRMC's human relations.

Before you know what we are, let's stress what we aren't! We are NOT a way to by-pass your chain of command. If you should perceive a problem or a potential problem concerning your work center, take it to your chain of command. Should the HRC become involved, we will listen to all sides and present the facts to the Commanding Officer or his representative. We do not take sides nor do we make a decision in such a situation.

Council members

Left to right - front row: LT Daniel Colvin, NC, LT Anne Shepardson, NC, Chairman, and CDR Gene Coy, MC. Second row: HMC William Mann, HM2 Paul Nerio, HN Kirt Archer, RP2 Rogenna Bean, HN Beverly Brooks, HM1 Pamela Mundling and CW02 Clyde Ranney. Third row: LTJG Lisa Cathey, MSC, HN Diane Downer, HN Guillermo Marquez-Sterling and HN Steven Jordan.

So, what do we do once a month? We monitor the effectiveness of the command's Equal Opportunity Program, discuss perceived problems that cut across service lines, and develop ideas that will promote good morale. The combination of experience and knowledge on the HRC enable us to view each situation as it arises, from many different angles, and to develop feasible recommendations. One thing we truly wish to do, is contribute, in a positive way, to the morale of the command. We cannot, however, think of everything ourselves. We need your support and your ideas to make this Human Relations Council work for you. HRC depends on YOU!

By HM1 Pamela Mundling, USN

Where they can be reached

LT Anne Shepardson, MSC, Chairman...X4545
 CDR Gene Coy, MC.....X4261
 LT Daniel Colvin, NC.....X4002
 LTJG Lisa Cathey, MSC.....X4037
 CW02 Clyde Ranney, PA.....X4791
 HMCM Robert Clements, C/MC.....X4919

MMC William Mann.....X4913
 HM1 Pamela Mundling.....X4260
 RP2 Rogenna Bean.....X4922
 HM2 Paul Nerio.....X4099

HM2 Evangelina Gomez.....X4502
 HN Beverly Brooks.....X4023
 HN Diane Downer.....X4002
 HN C. Nathan Holmes.....X4077

HN Steven Jordan.....X4316
 HN Guillermo Marquez-Sterling.....X4088
 HA Kirt Archer.....X4088
 Mrs. Suzanne Golloqly, NRMC's Ombudsman,
 859-1897

 From Webster's

human relations - a study of human problems arising from organizational and interpersonal relations (as in industry)

- a course, study, or program designed to develop better interpersonal and intergroup adjustments

ENERGY EXTRA

VITAL SIGNS

ENERGY EXTRA

WHAT ARE YOU DOING



TO CONSERVE OUR **ENERGY?**

U.S. Navy Photo

ENERGY CONSERVATION TIPS

Don't tamper with or adjust thermostats. Over 50% of our total energy bill is for air conditioning. Most areas of the hospital require air conditioning year round. The majority of the areas are required, by BuMed directives, to maintain 78°F all year long. Notify Maintenance, X4918, if the temperature is extremely hot or cold.

THERMOSTAT

Turn out lighting when an area is not in use. Prime areas of attention are unoccupied offices, conference rooms, and heads. Most offices and conference rooms have two switches which allow 3 different lighting levels. Work with the lowest level which will still allow work to be done safely and efficiently.

Rooms with windows should have drapes drawn when sunlight is entering the room.



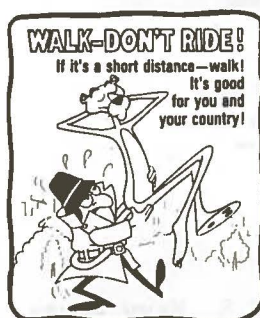
NAVY ENERGY AWARENESS

UEPH occupants should ensure that exterior doors and windows are securely shut when the air conditioning or heating is on.



Turn off "aesthetic" lighting, especially incandescent lights. There are a number of lights throughout the hospital which serve no safety or functioning purpose. If there is lighting in your area which fits this description, notify Code 37, X4914.

Form a carpool. A carpool is a great way to save energy and money.



THINK ENERGY CONSERVATION. Being in the proper frame of mind will promote energy conservation habits!



ENERGY.
We can't afford
to waste it.



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Is it really worth it?

During the past months, there have been several members of our staff appear at Commanding Officer's Nonjudicial Punishment for wrongful possession and use of marijuana. Many indicated that they had indulged only on a one-time basis and, in particular, during the Christmas holidays. The problem is not how it happened or what happened, but that it DID happen. They had sufficiently exposed themselves to marijuana to give a positive urinalysis test result.

Counseling the young men and women as a result of these infractions, is one of the most difficult tasks that I have to perform as Command Master Chief; especially, since most of the personnel involved are the top performers in their rate. Most of the personnel do not understand the full consequences of a reduction in rate, which is usually one of the punishments awarded at Commanding Officer's NJP for this offense. If a person is reduced from an E-4 (over 2) to an E-3, it will actually cost that person \$532.80 over the next 12 months. Now, let's say that the individual was to be advanced to second class petty officer - in that case, it would cost him or her, \$3,616.80 during the next 24 months. This is just one case illustrated to make our members aware of the monetary cost of using marijuana. I have not included the humiliation, embarrassment, and other significant loss of privileges associated with a reduction in rate. Please help me and the command counsel our young men and women to avoid this pitfall. Again, is it really worth it?

Drug abuse: not in the Navy



Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Schmitz

HMC Theodore Schmitz, Uniformed Staffing Methodologies Coordinator, is the enlisted advisor for 9 junior personnel. Chief Schmitz has been on board since August of 1981. Chief Schmitz claims Dunkirk, New York, as his hometown.

The following personnel are assigned to Chief Schmitz: HM1 Sanders Shelton, HM2 Patricia Shockey, HM1 William Shockey, HM3 Laurell Smith, HN Dana DeLoach, HM2 Gary Briscoe, HM3 Roland Gosselin, HN Robert Biggins, and HA Terry Cobb.

PO Graduates



Our newest class of Petty Officer Indoctrination Course graduates received their certificates on 18 February from Captain Schefstad. Pictured with the Captain, left to right, front row: HM3 Teresa Fairchild, HM3 Kathy Walton, HM3 Maureen Helms, HM3 Jackie Wills, and HM3 Ruth Donnelly. Back row: Captain Schefstad, HM3 Regina Posey, HM3 John Windross, HM3 Michael Bingham, HM3 William Stark, and HM3 Marino Quinsay.



CAPT Fout's

Skipper - gram

Pain

Aches and pains come in many flavors; real and imagined, they support a billion dollar a year over-the-counter drug business. How much of this self-treatment is really indicated? Probably, very little. New pain, severe or unusual pain, may signal the need to see a physician, but most of our aches and discomforts merit little attention; medications are seldom truly indicated.

Pain is a part of living. It is an expected and necessary interface with our environment. Continuous sensory input is essential to our existence; lack of same may prove disastrous. We are all entitled to pain. Depending on our age, etc., we average from two to seven things wrong with us; probably, at least half of these cause some pain. Therefore, a pain in the back or shoulder, a minor stomach upset or a pain in the gluteus maximus are probably each to be cherished. No sunny day can be fully appreciated without a rainy day; no below zero day without a hot muggy August day. Can we really know feeling good without some feeling bad? Pain is hardly ever all bad; it is a necessary ingredient for a complete life. It is a message, a signal, often the price for exceeding one's limits.

Pain is an unalienable right, a reminder of being alive. Good health does not mean "pain free." Life and health are intertwined; pain an inexorable sensation of living. All pain need not be treated or medicated to submission and, anyway, is not some pain better than the alternative?

Frank and Ernest



Reenlistment



On 23 February, DT1 Mario V. Leano, was reenlisted in the U.S. Navy by CDR W. S. Bate, DC, USN, Chief of the Dental Service here at NRMC Orlando. Petty Officer Leano reenlisted for a period of 2 years.

What is It?



Under the moulage - it's HM2 Kathryn Hice. The EMT students held a drill, complete with simulated casualties, to practice their EMT skills.

Whoolzzit?

It's Shirley J. Briden, Patient Affairs Service. Shirley has been an employee of the



Medical Center for two years. Prior to that, she worked at NTEC. Shirley is married and she and her husband, Walter, have two children: daughter, Mary, attending W. Liberty State

College in West Virginia; and son, Calvin, attending Mid Florida Tech. Calvin is also an active musician with a rock band. Shirley was born in Ohio but has lived in Florida for so long, she can almost qualify as a native Floridian!